



Official Bulletin of:

ROTARY CLUB OF SASKATOON MEEWASIN #22664

8B -3110 8th St East, Box 425 S7H 0W2
Founded: April 23, 1985
Meetings: Monday 0700

April 12, 2021
Maternal and Child Health

Rotary: Making a Difference

District Governor (5550): Gailmarie Anderson
President: Tom Geenen **1st VP:** Jay Cowsill **Secretary:** Garth Courtney
Past President: Hari Nair **2nd VP:** TBD **Treasurer:** Art Postle, Glen Bailey

Sergeant: Ron Loopkey **Desk:** Virtual Desk

Service Above Self

DUES AND OTHER PAYMENTS TO THE CLUB

- E-mail Transfer from Bank Account
 - Send to Meewasin Rotary Club using the email: meewasinrotary2020@gmail.com

DONATIONS TO THE FOUNDATION

E.G., Fines, Donations In Lieu Of Meeting Expense

- E-mail Transfer from Bank Account
 - Send to Rowasin Foundation using the email: rowasin2020@gmail.com

Payment by Credit Card (For either Meeting Expenses or Fines/Donations)

- For a credit card payment contact Art Postle (postle@sasktel.net).

Rotary Meeting

NOTE: Your Zoom Meeting opens at 0645,
so log in early and enjoy some pre-meeting fellowship.

Zoom Meeting:

By Zoom link (computer, tablet, phone)

<https://us02web.zoom.us/j/83624852636?pwd=MjRlYTY2FQWIRmRW9Cd2NKRHISWHlvQT09>

By Phone (call charges may apply):

Dial One of the Following Numbers:

- British Columbia: +1 778 907 2071
- Alberta +1 587 328 1099
- Manitoba: +1 204 272 7920
- Toronto: +1 647 374 4685
- Toronto: +1 647 558 0588

Enter Meeting ID and Passcode:

- Meeting ID: 836 2485 2636
- Passcode: 218641

Call to Order: The Chair opened the meeting at 0700 on Zoom.

Attendance: There were 16 dedicated members who enjoyed a morning of fellowship with their fellow Rotarians and guests.

Guests: No guests



Sergeant: Members contributed for not knowing how often the Rotary Minute is, being a fan of Winnipeg Jets, for getting up early enough to put on socks, for having a great Zoom background, for being at work already, for missing the in-person meetings,



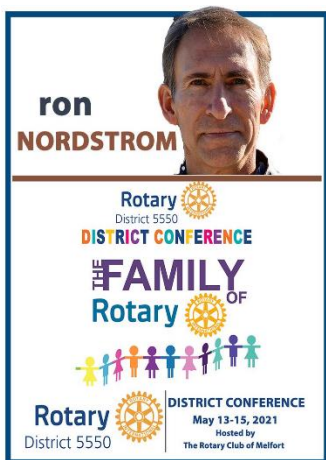
Ron for missing in-person meetings, Donna for having a great time at Nutana Scavenger Hunt; Ian for daughter-in-law being hit while riding bike in England, Ian for Meredith's birthday yesterday; Garth for Harold being home from hospital; Don for guest speaker not making the meeting; Ron for granddaughter turning 3 years on Saturday and for not being able to see her on her birthday; Tom for Gift Card.

Announcements

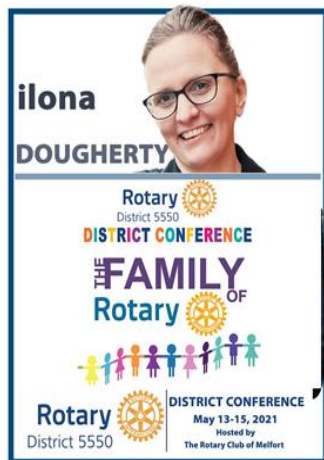
1) DISTRICT 5550 Conference 2021 – May 13-15

- Registration Fee: \$50
- FOR Information and Registration – Go to the District 5550 webpage and click on the conference tab: <https://rotary5550.org/>

Some of the Keynote Speakers



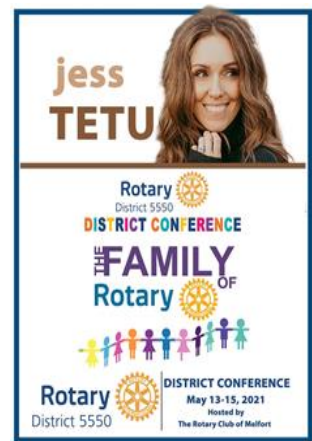
Mental Wellness



Connecting to Youth



Indigenous Engagement



Philanthropy/Entrepreneur

2) Drive-by Lobsterfest

- The survey was completed by 28 respondents
- The Committee is meeting later today to review the results



- 3) **EDADZ BACKPACK Drop Off**
- a) You can Drop off items at John Benesh's Office.
 - b) There is a Box in the reception area
 - c) Any bag is OK, not just back packs

4) **Your Announcement Here (No charge)**

a) .

5) **SARCAN Drop Off – Donate to Rotary**

NOTE: You need to REGISTER for Drop and Go
at (<https://www.sarcana.ca/pages/register2.html>)

Follow these easy steps:

- a) At home, separate your recycling – put plastics, cartons and aluminum cans into bags, put glass beverage containers into boxes. Don't forget to include milk containers!
- b) Visit a SARCAN Depot and look for Drop & Go – *See below for a list of locations*
- c) Follow instructions on the screen. Type SMR when prompted to enter the group phrase. It is simple!
- d) The amount of your order will be processed and paid directly to the Saskatoon Meewasin Rotary Club.

Saskatoon East (350B 103 St E)

Entrance to the right of the main doors

Saskatoon North (2327 Faithfull Ave)

Entrance to the north of the building

Saskatoon West (2305 22 St W #7)

Enter through Avenue X (west side) doors

If you want a Tax Receipt, make sure that you keep your receipt and send it to Art Postle. He will try to track the donations.

NOTE: Scan the receipt that you get and send it to Art P so that he can match the receipt to the funds.

6) **Coop Gift Cards**

- a) Art Postle has Coop Gift cards for sale. We have \$50 and \$100 gift cards.
We make 5-10% on the gift cards.
- b) We have over \$2000 in Gift Cards left to sell.
- c) You can send \$\$\$ to Art Postle at meewasinrotary2020@gmail.com



Club Business

New Proposed Member (Second Announcement)

Samson Nezi Bwaya is being proposed for membership by the Board of Directors.

If you have any comments or questions, please contact President Tom or Secretary Garth.

Program

Sue Berscheid, City Centre Family Physicians, Primary Health Care Unit, update on the *Breast Milk Depot*

Sue is an RN with the Saskatchewan Health Authority. She has been a nurse for 34 years. A few years ago she left the hospital to work in the City Centre Family Physicians. She worked with infants and did immunizations for babies.

The City Centre is the collection centre for the Northern Star Milk Bank Services from Calgary. They used to send shipments to Calgary every 2 weeks, but not send it once per week due to volume. There are a number of mothers who have more milk than needed to feed their babies.

Mother's Milk is better than other alternatives, especially with premature infants. The number of cases of Enterocolitis, which needs surgery, have been ZERO since this program was available in Saskatoon. There are a total of 5 depots in Saskatchewan. There is about 85% of mothers who nurse their babies. Some have difficulties. We have one highest rates of breast feeding in Canada, and the infant mortality rate is less.

The mothers are tested and the milk is tested. The milk is also pasteurized. The cost of purchasing

Rotary provided a fridge a couple of years ago. They could probably use another one on the west side. They would need to find a space to put it. It could possibly go in the West Winds Health Centre.

For information: contact city Centre Family Physicians, ask for Sue. Phone: (306) 244-3016

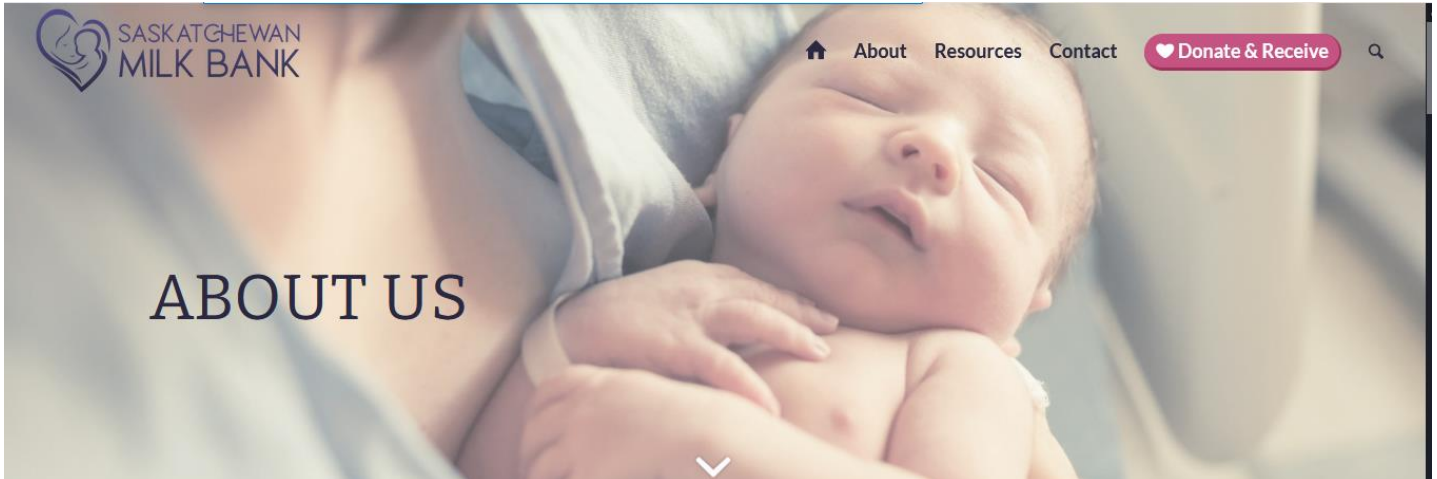


NorthernStar Mothers Milk Bank is Canada's only community-based milk bank. Operating as a charitable organization, NorthernStar screens breastfeeding mothers, accepting donations of excess milk from approved donors to be pasteurized in our laboratory. Milk is then dispensed to sick babies in hospitals and at home. We believe, and science supports, that human milk is the best option for any baby and that all babies have the right to the life-saving nutrients of pasteurized donor human milk.

NorthernStar Mothers Milk Bank
160, 6712 Fisher Street SE
Calgary, AB T2H 2A7

contact@northernstarmilkbank.ca
403 475 6455

There is a provincial, national and international associations that support breast feeding and Baby First initiative.



Go to any major city in Canada and you'll find a breast milk bank, all not-for-profits, with a very simple mission: to provide women and children with the help and support they need. Unlike men, women have the unique capacity to give birth. In Canada, an estimated **25,000 to 35,000 babies are born pre-term per year**, but those numbers are not contained to just one country. Premature pregnancies are a global issue, affecting almost 15 million babies globally and **premature birth is the leading cause of infant mortality worldwide**. **Pre-term births in Canada have also increased by 20% in the past 2 decades**. Though not all mother's who deliver prematurely struggle to produce enough breast milk for their newborns, many unfortunately do. And while other options exist, such as organic and homemade formulas or goat and coconut milk, **breast milk is still considered to be one of the best sources of nutrition for a newborn**, as it can protect many pre-term babies from serious life-threatening illnesses and infections.

So, what is a parent to do if they lack access to an adequate source of natural breast milk? The answer is donated breast milk. But where, exactly, can parents find donated breast milk? Breast milk banks. Unfortunately, their numbers are low, contained to only four Canadian cities – Vancouver, Calgary, Toronto, and Montreal – while the need for their services continues to grow...

Our Mission

- To provide premature infants in Saskatchewan with lifesaving breast milk
- Advocate for the value of breastfeeding and human breast milk for infants
- To ensure an ethically sourced and equitably distributed supply of donor breast milk

Our Vision

The Saskatchewan Breast Milk Bank believes in a world where all infants have access to human milk, whether through the support of breastfeeding or the use of donor breast milk.

Our Values

Above all, the Saskatchewan Breast Milk Bank values the health and wellbeing of infants and mothers. We are guided by the need to protect the most vulnerable members of society.

More Information or to Donate: <http://saskmilkbank.com>

Upcoming Meetings

Suggest a Speaker Form:

To suggest a speaker for a meeting, Click on this link: <https://forms.gle/mgU98xr6xWocg44v5>

Date	Speaker and Topic
April	Maternal and Child Health Meeting Planners: Ferguson, Stefiuk, Howland
5	Easter Monday. No Meeting.
12	Sue Berscheid, City Center Family Physicians, Primary Health Care Unit, update on the <i>Breast Milk Depot</i> (assisted previously by Meewasin Rotary)
19	19 Sara Pannell, <i>Healthy Mother-Healthy Baby</i> (A Saskatoon prenatal program for pregnant vulnerable populations in / around Saskatoon)
26	(Johanna Bergerman has arranged for two guests each speaking 10 to 15 min.) Sarah Cochrane (on the <i>Mother's Center</i>), followed by Tammy Wilson (on the <i>Food for Thought</i> program for vulnerable women).
May	Youth Service Meeting Planners: *Tenaski, Kessler, Peterson
3	
10	
17	
24	Victoria Day – No meeting
31	

Events

Date	Event	Rotary Club	Information/Contact
May 13 (evening) to May 15	District 5550 Conference - 2021	Melfort	https://rotary5550.org/
September 22/21	Badge, Shield and Star Dinner	Saskatoon Clubs	

Welcome Song

We welcome you today
 Good fellowship 'twill be
 We're glad you chose to begin your day
 With Meewasin Rotary

We hope that you will return
 And join with us again
 Fellowship at breakfast time
 With Meewasin Rotary

4-WAY TEST

Is it the Truth?
Is it Fair to all concerned?
Will it build Goodwill and Better Friendships?
Will it be Beneficial to all concerned?

ROTARY GRACE

O Lord and giver of all good
We thank you for our daily food
May Rotary friends and Rotary ways
Help us to serve Thee all our days

COMMITTEES FOR 2020-2021

Officers

President: Tom Geenen; Past President: Hari Nair;
Secretary: Garth Courtney; Treasurer: Art Postle & Glen Bailey

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Administration - Meeting program & admin, Sergeant, raffle, facilities, meals, supplies

Chairs: Kris Tenaski and Hari Nair

Members: Courtney (Secretary), Jaspar (Assistant Secretary), Postle & Bailey (Co-Treasurers), Cowsell, Whetstone

Community Service - Club charitable giving, Foundation grant applications

Chair: John Benesh

Members: Howland, Sutherland, Muir

Youth Services - Youth exchanges, Adventures programs, school programs

Chairs: Leanne Kessler and James Paproski

Members: Stefiuk, Mundi, Clements

Foundation - Foundation donations, member recognition

Chair: Ken Wilson

Members: Bailey, Birkmaier

Membership - Member recruitment, education and retention

Social - Plan & organize monthly social event or service project, social Media

Chairs: Leanne Kessler and Tom Geenen

Members: Walling, Ferguson, McArthur, Russell, Nickel

Public Relations - Club & event promotion, communications, manage website

Chair: Ron Loopkey

Members: Luross, Fisher, Pagliarini, Klause

Officers and Directors – 2021-2022

Officers:

Past President Tom Geenen
 Pres Elect Jay Cowsill
 Vice President Vacant
 Co-Treasurers Art Postle/Glen Bailey
 Secretary Garth Courtney
 Assistant Secretary Rob Jasparr

Directors:

John Benesh
 Hari Nair
 Kris Tenaski
 James Paproski
 Leanne Kessler
 Ken Wilson

Board Executive (2021-2022):

Jay Cowsill (President), Tom Geenen (Past President), (Vice President-Vacant), Garth Courtney (Secretary), Art Postle/Glen Bailey (Co-Treasurers)

Monthly Speaker / Progam - Members in Charge
"Rotary Connects the World"

Note 1: The * indicates the lead person, others are support

Note 2: Please have list of speakers to Admin Committee at least 2-3 weeks prior to start of month

	Monthly Rotary Theme	2020-21
July	<i>Start of new Rotary year</i>	
August	<i>Membership and New Club Development</i>	
September	<i>Basic Education and Literacy, (Corn Roast)</i>	
October	<i>Economic and Community Development</i>	
November	<i>Rotary Foundation</i>	
December	<i>Disease Prevention and Treatment, (Club Elections)</i>	
January	<i>Vocational Service,</i>	*Courtney Postle
February	<i>Peace and Conflict Prevention/Resolution</i> Family Day Feb 15	*Luross Muir Birkmaier
March	<i>Water and Sanitation</i>	*Nair Paproski

	Monthly Rotary Theme	2020-21
		Cowsill
April	<i>Maternal and Child Health</i>	*Ferguson
	Easter Monday April 5th	Stefiuk
		Howland
May	<i>Youth Service</i>	*Tenaski
	Victoria Day May 24	Kessler
		Peterson
June	<i>Rotary Fellowships</i>	*Loopkey
		Pagliarini
		Sutherland